

The 3rd International Sport Science Symposium on “Sport Sciences for the Promotion of Active Life”

【Keynote Lecture I】

**30 minutes of exercise: what do you do for the other 23.5 hours?
The role of sedentary behavior in an active life**

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The role of physical activity in health has long been recognised, even though we have much to learn about the optimal ‘dose’ of physical activity for health and how best to promote and sustain active lives. Current guidelines tend to focus on moderate-to-vigorous physical activity, usually with a minimum duration of 30 minutes each day.

There is now considerable interest in the role of sedentary behaviour in the form of excessive ‘sitting time’. Contemporary lifestyles and environments encourage a great deal of sedentary behaviour and emerging evidence is showing deleterious health effects of excessive

sitting, often independently of bouts of physical activity. If people are essentially sedentary for nearly 23.5 hours each day, this could be a significant issue for health.

This presentation will focus on sedentary behaviour: what it is, how we might measure it, what factors are thought to be associated with high levels of sitting or selected sedentary behaviours, such as screen time use, as well as ways to change sedentary behaviour, which may be quite different from promoting physical activity. Sedentary behaviour is a new and important area for consideration alongside physical activity in public health.